



Harnessing Civilian Mental Health Professionals to Assist Returning Troops, Veterans, and Their Families

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Give help | Give hope

Free mental health services
to the military community.



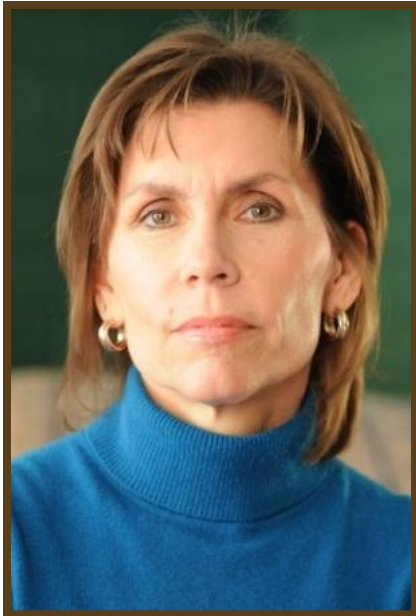
The wounds of war are not always easy to see.

Presentation Overview

- **Background**
- **Recent Honors**
- **Philosophy**
- **Mission**
- **The Need for Mental Health Care**
- **Our Services**
- **Our Initiatives**
- **Community Blueprint Network**
- **Impact and Partners**
- **Sponsors**
- **Questions/Comments/Discussion**



Background



Dr. Barbara Van
Dahlen

- **Founded by Dr. Barbara Van Dahlen September 2005**
- **To meet mental health needs of troops and families affected by post-9/11 conflicts**
- **Give an Hour's four key goals:**
 - Educate general public
 - Develop volunteer network of 40,000 mental health professionals
 - Enable easy and widespread access to volunteer network
 - Diminish stigma associated with mental health

Recent Honors

April 2012:

Give an Hour selected
as one of five winners
of the White House's
Joining Forces
Community Challenge

Dr. Van Dahlen named
to TIME List of 100
most influential people
in the world



Philosophy

- Most people value the opportunity to respond to worthy cause
- People are more likely to donate time if it can be done easily
- The act of giving has powerful and positive effects on those who give and those who receive
- Providing people in need with the opportunity to give back promotes dignity and self-respect
- We can harness the knowledge of mental health professionals to educate the larger community about mental health issues our veterans face
- Everyone is affected by experience of war; those who have served—and their loved ones—need help dealing with aftereffects of their service

Mission

To provide free mental health services to military personnel and their loved ones

- Individuals
- Couples and Families
- Children and Adolescents

Volunteer providers include various mental health professionals

- Commit one hour per week for one year
- Receive up-to-date training
- Collaborate with governmental agencies, private and non profits

Designed to complement DoD and VA health care delivery by serving those not eligible for military health care or seeking care outside the current system of services

"The VA and DoD can't do it alone. We need to rely on community providers."

-- Jon Towers, senior policy advisor, U.S. Senate Veterans Affairs Committee

The Need for Mental Health Care-1

- Over 2.2 million troops deployed to Afghanistan, Iraq, and Persian Gulf (Op. Iraqi Freedom, Op. Enduring Freedom, Op. New Dawn) since September 11, 2001
- 6,469 troops killed and 48,253 wounded (as of May 29, 2012)
- Over 300,000 returning troops (18 percent) suffer from severe depression or post-traumatic stress
- Over 320,000 (19 percent) have suffered a traumatic brain injury
- Only about half have of both groups have sought treatment
- Rates of PTSD are as high as 35 percent among OIF/OEF veterans
- **Average of 18 suicides a day among America's 22 million veterans**
- **20.2 in 100,000 soldiers commit suicide**
 - Exceeding civilian rate for first time since Vietnam War

The Need for Mental Health Care-2

- Veterans in general U.S. population, whether affiliated with Department of Veterans Affairs (VA) or not, are at an **increased risk of suicide**. With a **projected rise** in the incidence of functional impairment and psychiatric morbidity **among veterans of the conflicts in Afghanistan and Iraq**, clinical and community interventions directed toward patients in **both VA and non-VA healthcare facilities are needed**
- **Compared with the general adult population, U.S. veterans may have an increased risk of suicide**
- For each military member deployed, 8 -10 family members are directly affected by his or her service
- Symptoms of post-traumatic stress and depression will cost nation as much as \$6.2 billion in the two years following deployment (calculating direct medical care and costs of lost productivity and suicide)



Our Services: Counseling

With 6,100 providers across 50 states, the District of Columbia, Puerto Rico, and Guam—and still growing—we offer treatment for:

- anxiety
- depression
- substance abuse
- post-traumatic stress
- traumatic brain injuries
- sexual health and intimacy concerns
- loss and grieving



Our Services: Consultation



We offer consultation to

- employers
- first-responders
- schools
- other veterans service organizations

As well as

- in-service training to counseling centers
- education and outreach services



Our Web site www.giveanhour.org connects military families and providers; please also visit our interactive site connected.giveanhour.org

Our Initiatives



Got Your 6

- Nonprofit organizations and entertainment industry working together to change the conversation in America, so that returning service members and veterans are seen not as liabilities but as assets
- Providing tools, platforms, and resources for veterans and civilians to join together to reinvigorate our communities and bridge the civilian-military divide
- Demonstrating the values of duty, selfless service, and mutual respect upheld by those that serve in our military



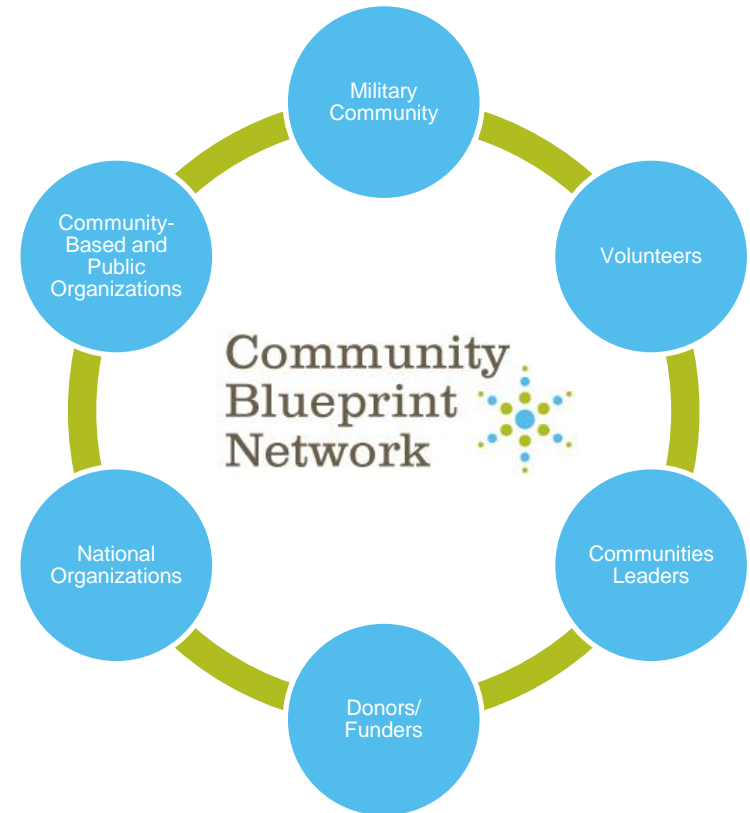
serving veterans, military service
members, and their families

Modeling the Community Blueprint in Action

- Several nonprofit organizations working together to create an online tool to help local leaders improve their community's support for military families
- GAH modeling this tool in Fayetteville, N.C., and Norfolk, Va.

Community Blueprint Network

Volunteerism
Behavioral Health
Education
Employment
Family Strength
Financial Management and Legal Assistance
Housing Stability and Homeless Assistance
Integration



Impact and Partners

- Providing care for military members and family members at equal rates
- At an average rate of \$100/hour, our providers have donated over \$5 million worth of counseling and education
- Among the more than 40 active partnerships Give an Hour has established in the last two years are those with American Psychiatric Foundation/American Psychiatric Association, AARP, Big Brothers Big Sisters, Red Cross
- We are endorsed by all major mental health associations: American Association for Marriage and Family Therapy, American Association of Pastoral Counselors, American Mental Health Counselors Association, American Psychiatric Association/American Psychiatric Foundation, American Psychiatric Nurses Association, American Psychological Association, Anxiety Disorders Association of America, Mental Health America, National Association of Social Workers
- We are recognized by key agencies such as DoD, VA, DCoE



Sponsors



Bristol-Myers Squibb Foundation
Mental Health & Well-being
ADVANCING UNDERSTANDING, CARE AND SUPPORT



Wounded Warrior Project



Questions or comments?

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